

Improve Your  
Well-Being with Simple  
**QIGONG** and  
**YOGA**  
practices

**RafflesHealth*i*nsurance**  
Your Specialist Health Insurer







## **Fabrice Desmarescaux**

### **Yoga & Meditation Teacher**

Fabrice is a corporate leader, an executive coach, and a Yoga and meditation teacher who came to Asia more than twenty years ago. It is at that time that Fabrice started practicing Yoga and positive results came quickly: more strength, calm, and balance, all much needed to support a busy lifestyle and intensive travel.

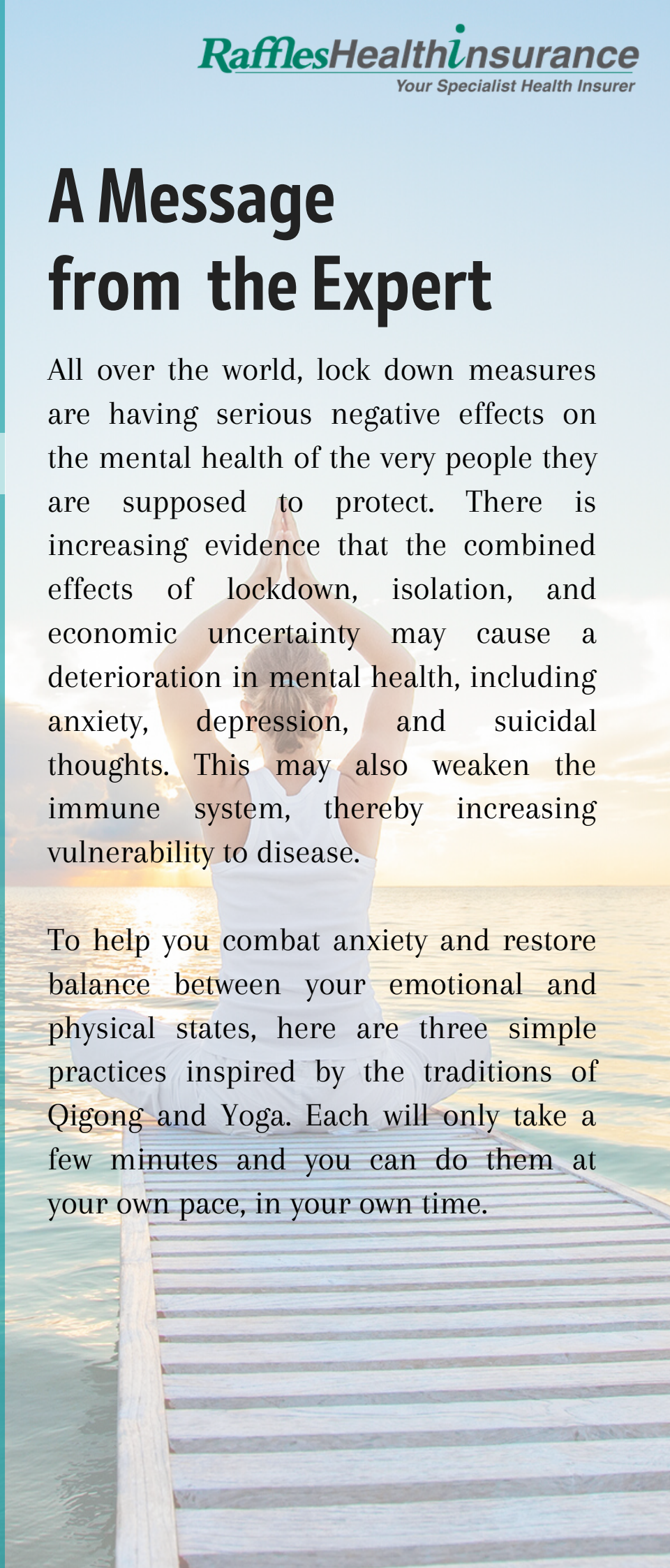
Fabrice decided to teach Yoga so others could benefit from his experience and achieve greater balance in their personal and professional lives.

Jokingly called “The Guru” by his friends, Fabrice teaches a gentle style of Hatha Yoga and flow combining asanas with pranayama and meditation. He also leads internal Yoga and meditation retreats and works one-on-one or in groups with executives to help them bring a greater sense of purpose and inspiration to their lives.

# **A Message from the Expert**

All over the world, lock down measures are having serious negative effects on the mental health of the very people they are supposed to protect. There is increasing evidence that the combined effects of lockdown, isolation, and economic uncertainty may cause a deterioration in mental health, including anxiety, depression, and suicidal thoughts. This may also weaken the immune system, thereby increasing vulnerability to disease.

To help you combat anxiety and restore balance between your emotional and physical states, here are three simple practices inspired by the traditions of Qigong and Yoga. Each will only take a few minutes and you can do them at your own pace, in your own time.





## PRACTICE ONE

# Head & Upper Body Massage

By Fabrice Desmarescaux

### STEP 1

Sit up straight on a chair with your feet flat on the floor.  
Breathe in and out through the mouth.

### STEP 2

With your knuckles, massage your temples and the side, back, and top of the skull.

### STEP 3

Squeeze the browbone between your thumb and index finger.

### STEP 4

Rub your knuckles along the jawbone towards the chin.  
Press above the cheekbones.



### STEP 5

Squeeze your neck muscles, both those at the back and the side of the neck.  
Moving down, press the tender space above and below the collarbones.

### STEP 6

Run your fingers from the sternum to the sides of the chest pressing gently.

### STEP 7

Finally, squeeze your shoulders, biceps, and triceps with the opposite hand.

### STEP 8

When you're done, gently tap your chest, arms, shoulders, and back of the neck.  
Notice the energy circulating through your upper body and how you feel.



# DEEP BREATHING RELEASE

By Fabrice Desmarescaux

## *Practice Two*

Sit up straight on a chair with your feet flat on the floor.

Take a deep, full inhalation breath through the nose.



When your lungs are full, tuck your chin into your chest, hold your breath for as long as you feel comfortable, then relax suddenly and completely, letting the air out through the mouth while making an “ahh” sound.

Let your body return to its natural breathing rhythm for a few moments. Repeat three to five times and notice the release of tension in the whole body.

**Note:** Avoid this practice if you suffer from high blood pressure. Stop this practice if you feel dizzy at any point.







## FIRST, TAKE A FEW DEEP BREATHS

through the nose, allowing the chest to expand and the spine to lengthen with each inhalation and the body to relax with each exhalation.

Note: You may choose to practice either by lying or sitting down.



## NOW, LET YOUR BREATH RETURN

to its natural rhythm. Bring your awareness to the sounds around you.

Start with the loudest ones and progressively attune to the faintest ones.

## IF YOU PRACTICE AT NIGHT,

you may hear the hum of fans or air conditioners, cracks in the building as it cools down, voices or TV sounds in the distance, and some sounds of nature: crickets, wind, or nocturnal birds.



## YOU MAY BE ABLE TO COUNT FIVE,

sometimes more, different sources of sound. See how many you can count! Finish the meditation by sending well wishes to all beings.



# SOUND MEDITATION

*Practice Three*

By Fabrice Desmarescaux

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